

Student Name: _____

EXERCISE SCIENCE/SPORTS MEDICINE
Performance Evaluation Score Sheet

Performance rating scale:

4 = highly skilled

3 = moderately skilled

2 = limited skill

1 = not skilled

Successfully demonstrated without supervision

Successfully demonstrated with limited supervision

Demonstrated with close supervision

Demonstration requires direct instruction and supervision

A minimum score of 3 for each of the following performance skills must be achieved to meet state skill certification requirements.

	Date	4	3	2	1
1.01 Explore a variety of therapeutic careers.					
1.03 Prepare a basic SOAP note.					
4.03 Show proof of current CPR certification.					
4.03 Perform a primary and secondary survey.					
4.03 Perform a general HIPS survey.					
4.03 Accurately measure blood pressure, pulse rate and respiration rate.					
4.03 Perform procedures that control bleeding.					
4.03 Fit crutches to any size individual.					
5.02 Tape an ankle within five minutes.					
5.02 Tape a thumb within three minutes.					
5.02 Tape an elbow hyperextension within five minutes.					
7.01 Demonstrate the R.I.C.E. method for acute injuries.					
7.01 Demonstrate proper techniques of static stretching for all major muscle groups.					

Teacher's Signature

Date

The instructor must keep this document on file for two years.